



Heritage Center

The Heritage Center is 55+

February 2015 Supplement

Heritage Center
#10 E. 6150 S.
801-264-2635
www.murray.utah.gov

Accredited by 
National Institute of
Senior Centers

February Updates

- **Free AARP Tax Help** on **Wednesday** afternoons beginning **Feb 4 - Apr 8**. Call for appointment one week prior.
- **Email Tips** class on **Thursday, Feb 5** and **Tuesday, Feb 10** at **1:00**. Cost is **\$5**. Sign up now.
- **Special Valentine's Bingo** on **Friday, February 13** at **12:45**. Prizes donated by Jenkins-Soffe.
- Due to the popularity of our first **Hardware Ranch** trip, a second trip is scheduled for **Monday, February 23** at **9:30** until 4:00. Cost is **\$15** which includes transportation, sleigh ride, and lunch. **Sign up begins February 4**.
- **Wendover** trip is scheduled for **Thursday, March 12** at **8:30 am**. Cost is \$17 per person. Sign up now.

Fire & Police Appreciation Lunch

The Murray City Fire and Police Department employees will be invited to enjoy a free lunch at the Heritage Center on **February 10, 12 or 13**. The appreciation lunch was started back in 2002 and has become a Heritage Center tradition. Donations are currently being taken at the front desk to pay for the guests' meals. The suggested donation is \$5 per meal. Join us as we Thank the Fire and Police department employees.



Mardi Gras Celebration



Join us as we transform the Heritage Center into downtown New Orleans and celebrate Mardi Gras, French for "Fat Tuesday", the final day of the Carnival season, on **Tuesday, February 17**.

Come join in the celebration at **11:00** by dining on Muffaletta Sandwich (pressed cured pork and Cheese sandwich with olive dressing), Cajun Pates aux Crevettes et au Poulet (Cajun pasta with shrimp and Andouille sausage), Maque Choux (Braised corn, celery, tomatoes, onion and bell pepper), Ecrevisses Pain de Mais (Crawfish cornbread) and King Cake while listening to the jazzy sounds of the *Celebration Band*. Masks will be available to purchase before the celebration or bring your own. Lucky participants who find the "baby" in their King Cake will win a prize courtesy of SelectHealth! The cost of this fun event is **\$7** for reserved seats. Purchase one seat or an entire table.

Senior Learning Network—Baseball & Black History

A special video conference through the Senior Learning Network has been planned for **Monday, February 23** at **12:00 noon** (bring your lunch if you'd like) to join museum curator Raymond Doswell in this interactive presentation as he introduces African American history through the lens of "America's Pastime," baseball, from the end of the Civil War through the beginning of the Civil Rights Movement. Viewers will enjoy short film clips, photographs, artwork, and brief scenes from the Negro Leagues Baseball Museum, Inc. in Kansas City, MO. Enjoy this presentation without the expense of traveling to Missouri. Sign up now for this free presentation.



1920 Detroit Stars

February
2015



Heritage Center Events

Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday		Tuesday	
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie—Last of the Dogmen (Western) 2:00 Strength Conditioning	2	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:00 Clark Planetarium Trip 10:30 Tai Chi/ Fire Safety 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 1:00 Computer Help 12:45 Crafts 2:00 Beginning Line Dancing	3
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Candy Making Class 12:30 Ladies Pool 12:30 Storytelling 1:00 Movie—Mamma Mia! (Musical) 2:00 Strength Conditioning	9	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta / Attorney Consult 11:30-12:30 Lunch Welcome Fire/Police 12:30 Bereavement Support Group 12:45 Crafts 1:00 Shamrock Craft Class 1:00 Email Tips Class 2:00 Beginning Line Dancing	10
Center Closed President's Day	16	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:00 Mardi Gras 12:00 Medicare Counseling 12:30 Exercise Help 1:00 Computer Help / 12:45 Crafts 2:00 Beginning Line Dancing	17
9:00 NIA 9:30 Hardware Ranch Trip 9:30 AARP Smart Driving 10:30 Meditation 11:00 Bridge Lessons 12:00 SLN: Baseball & Black History 12:30 Ladies Pool 1:00 Movie—A Knight's Tale (Adventure) 2:00 Strength Conditioning	23	8:30 Ceramics 9:00 Stretch/Haircuts 9:30 Line Dancing 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing	24

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	4	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 11:00 Blood Pressure/Glucose 12:30 Exercise Help 12:30 Game Day / Happy Hatters 1:00 Square Dance / Email Tips 2:00 Strength Conditioning 3:00 Watercolors Made E-Z 7:00 Dance / Poetry Class	5	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	6
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	11	8:30 Ceramics/9:00Kingsbury 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch Welcome Fire/Police 12:30 Exercise Help 12:30 Games / 1:00 Square Dance 1:00 Toe Nail Clippings/Computer 2:00 Strength Conditioning 3:00 Watercolors Made E-Z 3:30 Jam Session 7:00 Dance / UTE RC / Poetry	12	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch Welcome Fire/Police 11:45 Massage 12:30 Storytelling 12:45 Special Valentine Bingo 1:00 Bridge	13
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge	18	8:30 Ceramics 9:00 Stretch/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day/Happy Hatters 1:00 Square Dance 1:00 Computer Help 2:00 Strength Conditioning 7:00 Dance / Poetry Class	19	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 11:45 Massage 12:30 Storytelling 12:45 Bingo 1:00 Bridge	20
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Taxes 12:45 Bingo 1:00 Bridge 1:00 Farewell to Falls	25	8:30 Ceramics 9:00 Stretch/Pickleball 10:00 Serving Time Café Trip 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day 1:00 Computer / Square Dance 2:00 Strength Conditioning 3:00 Watercolors Made E-Z 7:00 Dance / Poetry Class	26	9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:30 Storytelling 12:45 Bingo 1:00 Bridge	27

Program Reminders

Recreation

Jam Session Thursday, Feb 12 at 3:30

Square Dance on Thursdays at 1:00

Services

Attorney on Tuesday, Feb 10 at 11:00

Podiatrist on Thursday, Feb 12 at 1:00

Blood Pressure and Glucose checks on Thursday, Feb 5 at 11:00 and Friday, Feb 20 at 11:00

Barbershop every Tuesday morning.

Massage Therapy Friday afternoons.

Computer Help on Tuesdays or Thursdays — call for appointment

Trips

Planetarium — Tuesday, Feb 3, 10:00

Kingsbury Hall — Thursday, Feb 12, 9:00

Hardware Ranch — Mon, Feb 23, 9:30

Serving Time Café — Thurs, Feb 26, 10:00

Classes

Meditation on Mondays — Feb 2, 9, 23 at 10:30

Fire Safety on Tuesday, Feb 3 at 10:30

Poetry on Thursdays — Feb 5, 12, 19, 26 at 7:00

Storytelling on Monday, Feb 9 and Fridays, Feb 13, 20, 27 and Mar 6 at 12:30

Bereavement Support on Tuesday, Feb 10 at 12:30

Medicare Counseling on Tuesday, Feb 17 at 12:00

Vital Aging on Tuesday, Feb 24 at 10:30

Farwell to Falls on Wed, Feb 25 at 1:00

Exercise every day — check the front desk for a schedule of classes.

Watercolor Made E-Z Part II

John Fackrell will be at the Center on **Thursday, Feb 5, 12, and 26** from **3:00-5:00** to teach Watercolors Made EZ part II. Class work will consist of demos and class projects. Some prior Watercolors experience is necessary to participate in this 3 session class. Bring your watercolor supplies and paper. Other supplies include: ¼ flat brush, ½ flat brush, 140 lb. cotton paper and also a plywood board to stretch paper on (18 x 24). Space is limited, **sign up begins January 26**. Cost of this class is **\$30**.

Look What I Made: Shamrock Craft

On **Tuesday, February 10** at **1:00**, Susan Callaway will be teaching a shamrock craft class (see sample in the front lobby display case). The cost of the class is **\$5** and includes all the supplies. Please come and join the fun. You will take home your finished project that day. Sign up now.

Poetry Time

A new Poetry Time class starts on **Thursday, February 19** at **7:00 pm** and runs through **Thursday, March 26**. Have you ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words? Come learn more from Bob Bader. This is a free class, sign up now.

Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, February 27** at **10:00-12:00** and will run through **Friday, April 3**. Cost of the class is **\$25**, in addition you will need a course book, which you can purchase at the front desk for \$12 when you register. Intermediate and advanced students are welcome (this is not a class for beginners). Mercedes Perez is an experienced instructor who will help you build and improve your skills. Sign up now.

Diabetic Class

The Center is presenting a Diabetic Class on **Monday, March 2** at **11:00**. Elizabeth Sebranek Evans, PharmD, BCPS, CGP from IHC and her students will be at the Center to help you navigate your way through the many avenues about diabetes, why it is important to manage diabetes, and what lifestyle changes you need to make to manage your diabetes. Many things affect changes in your blood sugar level, from the foods you eat, to how active you are, to taking your diabetes medicines as prescribed. All of these issues will be addressed in this class and there will be time for Q&A at the end of the class. This is a free class, sign up now.

Dance Lessons: American Rhythm & Smooth

The Center is offering a new 5-session Dance Lessons starting **Monday, March 2** at **1:00- 2:00**. Dates: March 2, 9, 16, 30 & April 6. You will learn a variety of new dances: Single Step Swing, Cha-Cha, Waltz and Rumba. Classes are for beginning level dancers — no prior experience required. Dance lessons will be taught by Kyle and Jackie Kidd from Bountiful. **Sign up is required for these classes. You must have a dance partner to participate.** These classes are free, sign up now.

February 2015

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO LUNCH	3 PORK & PEANUT NOODLES Veggies, Banana Nut Blondies	4 PASTA BOLOGNESE Green Salad, Breadstick, Birthday Cake and Ice Cream	5 THREE BEAN CHILI BLT Salad, Cornbread, Napoleon	6 FIESTA LIME CHICKEN Cilantro Rice, Veggies, Pistachio Layer Bars
9 NO LUNCH	10 CLAM CHOWDER Green Salad, Biscuits, Apple Spice Cake	11 THAI ENCHILADAS Asian Slaw, Fruit, Chai Spiced Sugar Cookies	12 POT ROAST Mashed Potatoes and Gravy, Veggies, Banana Split Pie	13 LEMON DILL SALMON Baked Potato, Brussels Sprouts, Chocolate Strawberries
16 CLOSED	17 * MARDI GRAS CELEBRATION \$7 Menu in article on page 1	18 PORK FLORENTINE Garlic & Mushroom Dressing, Veggies, Carrot Cake	19 BALSAMIC CHICKEN ALFREDO Pasta, Broccoli, Peanut Butter Cereal Bars	20 MINESTRONE SOUP ½ Sandwich, Salad, Chocolate Chip Banana Cake
23 NO LUNCH	24 TUNA CAKES Roasted Potatoes, Veggies, Sticky Toffee Pudding	25 PASTA CARBONARA Green Salad, Breadstick, Raspberry Pretzel Salad	26 BUTTERNUT SQUASH SOUP Roasted Veggies, Popovers, Pie	27 MARGARITA FAJITAS Rice & Beans, Samoa Sugar Cookies